








# CHRIS EEDI

## JUNE MUSCLE MADNESS



JOIN OUR  
FACEBOOK  
COMMUNITY 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 <b>45 MIN UPPER BODY</b> 	3 <b>45 MIN LOWER BODY</b>
4 <b>REST</b>	5 <b>1 HOUR POSTERIOR CHAIN</b> 	6 <b>30 MIN BODYWEIGHT SWEAT SESH</b>	7 <b>45 MIN CHEST SHOULDERS QUADS/ABS</b> 	8 <b>REST</b>	9 <b>40 MIN TOTAL ARMS</b> 	10 <b>20 MIN UNILATERAL AGILITY</b>
11 <b>REST</b>	12 <b>1 HOUR FULL BODY</b> 	13 <b>REST</b>	14 <b>1 HOUR FULL BODY</b> 	15 <b>REST</b>	16 <b>1 HOUR FULL BODY</b> 	17 <b>REST</b>
18 <b>45 MIN UPPER BODY</b> 	19 <b>20 MIN STRENGTH &amp; CONDITIONING</b>	20 <b>REST</b>	21 <b>1 HOUR LEG DAY</b> 	22 <b>REST</b>	23 <b>45 MIN TOTAL ARMS</b>	24 <b>30 MIN STRETCHING &amp; MOBILITY</b>
25 <b>REST</b>	26 <b>1 HOUR FULL BODY</b> 	27 <b>REST</b>	28 <b>1 HOUR FULL BODY</b> 	29 <b>REST</b>	30 <b>1 HOUR FULL BODY</b> 	<b>REST</b>

 **UPLOADS @ 7AM PST**

**\*TAP TITLES TO VIEW FULL WORKOUT**